





























November 2016 ←

# GROUP FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
 <b>SPINNING</b> 6:00 AM Spinning Rob	 <b>BODYPUMP</b> 6:00 AM Body Pump Tammy	 <b>SPINNING</b> 6:00 AM Spinning Rob	 <b>SURFSET</b> 6:00 AM Strength Rob	 <b>ZUMBA</b> FITNESS 10:00 AM Zumba Colleen	 <b>SPINNING</b> 8:00 AM Spinning Instructor Rotation
 9:00 AM Basic Strength Tammy	 <b>ZUMBA</b> FITNESS 8:30 AM Zumba Tabitha	 <b>SPINNING</b> 9:00 AM / Core / Stretch Tammy	 9:00 AM Basic Strength Tammy / Ally	 <b>SPINNING</b> 12:10 PM Spinning Tammy	 <b>BODYPUMP</b> 9:00 AM Body Pump Instructor Rotation
 <b>BODYPUMP</b> 4:15 PM Body Pump Kristen	 <b>SPINNING</b> 12:10 PM Spinning Rob	 <b>BODYPUMP</b> 4:15 PM Body Pump Barb	 <b>SURFSET</b> 4:15 PM Balance Erika E	 <b>POUND</b> ROCKOUT. WORKOUT. 4:30 PM Pound Kristen / Laurie	
 <b>SPINNING</b> 5:30 PM Spinning Nikki	 <b>YOGA</b> 12:10 PM Yoga Brian	 BARRE Fitness 5:30 PM Barre Erika L	 <b>BODYPUMP</b> 5:30 PM Body Pump Joli	 <b>SURFSET</b> 5:30 PM Sweat Erika T	 10:00 AM Cardio Class Instructor Rotation
 <b>PiYO</b> LIVE! 5:30 PM Piyo Melissa	 <b>BODYPUMP</b> 5:30 PM Body Pump Jay	 <b>SPINNING</b> 5:45 PM Spinning Kelly			

**SUN**

Effective November 14, 2016

